

### Claims

What is claimed is:

- 5        1. A lever-arm rowing type exercise device mountable in a leg space under a desk or cubicle work surface, the device comprising:
- at least one lever arm attachable to a desk surface within a foot space of a desk by a pivotable means at a first end of the at least one lever arm;
- a tension means attachable between the at least one lever arm and the desk surface to  
10       create a resistance to moving the at least one lever arm for the purpose of exercising by moving the at least one lever arm;
- a hand grip attached to the at least one lever arm at a second end of the lever arm, the hand grip enabling movement of the at least one lever arm by a user, the hand grip further comprising a means for turning relative to the at least one lever arm for wrist twisting  
15       exercise and a squeeze handle pivotally mounted to the hand grip with a tension means therebetween for performing hand gripping exercises.
2. The device of claim 1 further comprising at least one second lever arm attachable to the desk surface within the foot space of the desk by a pivotable means at a  
20       first end of the at least one second lever arm;
- a tension means attachable between the at least one second lever arm and the desk surface to create a resistance to moving the at least one second lever arm for the purpose of exercising by moving the at least one second lever arm;

a foot attaching portion attached to the at least one second lever arm at a second end of the at least one second lever arm, the foot attaching portion capable of receiving at least one foot of a user for the purpose of moving the at least one second lever arm for leg exercises.

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3. The exercise device of claim 2 wherein the at least one lever arm and at least one second lever arm are removably mountable to the desk surface by a suction cup means having a pivot rod connecting means for pivotally mounting the lever arms thereon.

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4. The exercise device of claim 2 wherein the foot attaching portion comprises a flat surface mounted on the at least one second lever arm, the foot attaching portion capable of receiving at least one foot of the user and at least one foot receiving loop attached to the flat surface.

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5. The exercise device of claim 4 wherein the foot attaching portion further comprises a pair of foot pedals attachable to the foot attaching portion by a rotatable means having a tension means for exercising the legs of the user in a bicycle pedaling movement.

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6. The exercise device of claim 2 wherein the tension means between the desk surface and the at least one lever arm and between the desk surface and the at least one second lever arm comprises a spring means.

5 7. The exercise device of claim 2 wherein the tension means between the desk surface and the at least one lever arm and between the desk surface and the at least one second lever arm comprises a rubberized cord means.

8. The exercise device of claim 2 wherein the tension means between the  
10 desk surface and the at least one lever arm and between the desk surface and the at least one second lever arm comprises an air pressure means.

9. The exercise device of claim 8 wherein the tension means between the desk surface and the at least one lever arm and between the desk surface and the at least  
15 one second lever arm comprises an air cylinder.

10. The exercise device of claim 2 wherein the lever arms are adjustable in length by a telescoping means.

20 11. The exercise device of claim 2 wherein the at least one lever arm and the at least one second lever arm are connected together at the attaching means by an adjustable length telescoping rod.